



## American Red Cross Lifeguard Certification Course (Blended Learning) May 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup>, 2017

**DATES:** Friday May 5<sup>th</sup>, 6:30pm to 8pm for prerequisite skills check; Saturday 6<sup>th</sup>, and Sunday 7<sup>th</sup>, 8:30am – 4pm.

**LOCATION:** Fairview Pool, Charlottesville. (<http://www.jsl.org/fv-map-directions.htm>).

**COST:** \$130 (covers pool costs, supplies...collected after passing prerequisites).

**Prerequisites** (these will be done at the start of the class):

1. Must be 15 years old on or before the final scheduled session of this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds.

Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.

Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.

Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

**GENERAL INFORMATION:** This class will be taught by Jay Fox, ARC Lifeguard Instructor and other members of the SJAC Aquatics Committee. Course is open for qualified Scouts and Scouters. This will be a blended learning course meaning some materials will be present on-line prior to class/pool sessions. Pre-class reading of the ARC LG Participant's Manual is required. As this course must be completed over the one weekend, it will be a rigorous, but fun learning experience. Successful completion will qualify you to apply for lifeguarding positions at most pools. Options to complete BSA Lifeguard will also be offering following the ARC LG course.

**REGISTRATION:** To register email the following to Jay Fox ([jayfox8x@gmail.com](mailto:jayfox8x@gmail.com)):

Name:

Age/Birthdate:

Contact Information (email and phone number)

Troop Number (if applicable)

**Deadline for Registration is Friday April 21<sup>st</sup>. Class is contingent of sufficient number of participants.**